



## BINGO + EXERCISE = BINGOCIZE



FREE 10-week Health Promotion program for older adults age 60+ that combines Bingo with inclusive exercise.

Learn about important topics while you have fun & exercise!

Workshops focus on one of three subjects:

- ◆ Fall Prevention
- ◆ Nutrition
- ◆ General Exercise

Please call (574) 284-7132 or scan the QR code to pre-register.

January 9 - March 13, 2026

Fridays, 10am - 11am



Portage Commons  
Senior Enrichment Center  
133 N William St. | South Bend, IN 46601

To register scan the QR code or call 574-284-7132!

HEALTH EDUCATION



Program may be provided in part by funding through the Indiana Family and Social Services Administration through the Older Americans Act.